

ESH NEWS

A NEWSLETTER FOR EMPLOYEES OF

EVANSVILLE STATE HOSPITAL

EDUCATIONAL PROGRAMS KEEP CLINICAL STAFF UPDATED ON INNOVATIVE OFFERINGS

The hospital was fortunate to present a training session on "Arresting Cognitive Impairment in Early Psychosis" given by Scott E. Purdon, PhD, clinical professor of psychiatry at the University of Alberta Canada on Thursday, February 28. Approximately 25 employees and guests from Southwestern Indiana Mental Health Center were in attendance. Dr. Purdon is the co-director of the Bebensee Schizophrenia Research Unit where a triage type system was established focusing on young un-medicated individuals with their first diagnosis. He reports that this study set was a perfect sampling for brain imaging and how it affects psychosis. Dr. Purdon assesses 120-140 individuals each year. Their protocol encompasses cerebral pathology through a variety of imaging such as CT scans, MRI's, EEGs, and PET scans while monitoring clinical outcomes, cognitive impairment, clinical syndromes, movement disorders, and safety issues. Through their studies they have found that early intervention is key to reducing cognitive impairment. The earlier an individual is placed on medications and maintains wellness, the better the outcomes are. 50% of the study cases (20 year olds) became disabled after their illness which amounts to ½ million dollars each year in medical costs and 4 million in lost wages.

Studies show that cognitive impairment is both a developmental and degenerative issue with individuals born with deficits as well as cognitive deterioration over time. Puberty and prenatal pathology also are factors associated with cognitive deficits. Malnutrition, exposure to drugs, and chemicals all play a part of cell migration of an embryo. Physiology changes in the brain from studies that monitor blood flow and glutamate levels were found during puberty. Studies prove that substance abuse plays a role in the severity of illness for those with Schizophrenia as cannabis use worsens the illness with increased symptoms of depression, obsessive compulsive behaviors, psychosis, and cognitive deficits. Dr. Purdon shared their efforts with identifying a marker (idiosyncratic pattern) in the right frontal lobe of the brain that is significant for diagnosing Schizophrenia. A screen for Cognitive Impairment in Psychosis has been helpful in the research and treatment of study cases in Canada. Dr. Purdon offered participants this mini screen as well as study materials and research for their use.



Dr. Scott Purdon answers questions during the training on Schizophrenia.

Upcoming Training Sessions—April 2008

- ♦ April 17 "Pain Management"
- ♦ April 24 "Comorbid Medical Issues with Mental Illness"

WELCOME

Steven Cruse, Assistant Superintendent
 Suzanne Darvalics, Security
 Dagny Hansen, Nursing Service
 Lakendra Irvine, Nursing Service
 Robert Phillips, Nursing Service
 Heather Ray, Nursing Service



GOODBYE

Toni Arthur, Environmental Services
 Jan Stratman, Fiscal Management

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MAY IS MENTAL HEALTH AWARENESS MONTH

By Theresa Arvin, Community Services Director

May is dedicated to educating the general public about mental health. To assist in this educational process, **Mental Health America of Vanderburgh County** is holding their 2nd awareness day, *Mind Your Health Celebration*, on Saturday, May 10, 2008 at Garvin Park from 10:00 a.m.—2:00 p.m. This is a collaborative effort among several mental health advocacy groups and community sponsors including Evansville State Hospital to provide a free community event to emphasize how mental health is fundamental to a person's overall health and well being, and that it affects each and every person, community, and the nation as a whole.

I encourage everyone to participate in the May 10th event to help bring awareness to the community that mental health disorders are real, common, and treatable. Come out to support the efforts of advocacy groups that support those you know and love with mental illness. Come out to help combat the stigmas that still lurk in our society. It's the opportune time to educate the public on the real facts about mental illness.

Come out to the event to learn! Did you know that suicide is the 8th leading cause of death in our country. Our county alone saw an increase in deaths ruled from suicides in the year 2007. Suicide prevention training is available in our community at no cost through your local MHA office and suicide coalition. Find out more about local mental health resources through the mental health fair on the 10th.

Come to have fun! How do you keep your spirits up and prevent the pressures of today's world from getting to you? Many get involved, get active, and surround themselves with people who love them and support them. Come spend the day at Garvin Park, bring your lawn chair, and enjoy the music, good food, and fellowship!



There will be children's games and activities that include puppet shows by Junior Mental Health America members, a magic act by local magician Brandon Baggett, performances by the youth drum group, Boom Squad, Inc., Gina Moore of the Browne Sisters, and Troubadours of Divine Bliss. We'll have clowns, face painting, balloons, and zoo animals. A special treat is a motorcycle cruise-in and display sponsored by the local River City H.O.G. There will be giveaways and drawings which include an overnight stay at New Harmony Inn and an Otters Family Fun package.

A coloring and essay contest for youth grades K-12 will be held with Grand Prize Drawings of Toys R Us gift cards. Coloring/essay contest flyers can be secured through the Community Services Office and will be at various sponsor locations throughout the city.

Help MHA promote mental health and share in their vision of a just, humane, and healthy society in which all people are accorded the respect, dignity, and opportunity to achieve their full potential, free of stigma and prejudice.



Annual Volunteer & Retiree Luncheon

Mark Your Calendars!

The annual Volunteer and Retiree Luncheon will take place on Thursday, May 1, 2008 from 11:30 a.m.—1:00 p.m. A social mixer from 10:30-11:30 a.m. will offer guests a chance to mingle prior to the 11:30 a.m. recognition program.

Group pictures (retirees—11:00 a.m.; volunteers—11:15 a.m.) will be taken during the social mixer, so come early for this. Glenda Cromeans, retiree, will be our featured speaker this year; she's sure to bring a lively overview of her 40 years of service at ESH. Invitations for this event will be mailed out soon. We hope to see you there!

Information Exchange

Noteworthy Recognition

Congratulations to these employees for being recognized for their extraordinary efforts!

Kathy Barnett, Nursing Service
Sharon Bulla, Nursing Service
Jessica Golba, Continuum of Care
Billie Gregory, Nursing Service
Ricky Rowley, Nursing Service
Tina Schindler, Nursing Service
Macie Uplinger, Nursing Service



March for Babies will be held on *Saturday, April 26 at 10:00 a.m.* at the Sunrise Park (downtown riverfront). The 3-mile walk is for the health of all babies and raises awareness of pre-maturity. This year, the ESH team is walking in honor of **Korey, Bambi Barlett's** grandson who was born 7 weeks premature and stayed in the NICU for three weeks. He will be turning two soon! Bambi works in Rehabilitation Therapy and is co-captain this year along with Melissa Ficklin also of Rehabilitation Therapy. Contact these chairs or Community Services for details on the event. Register at www.marchforbabies.org (No registration fee—simply raise money and awareness for the March of Dimes!). A goal of \$400 has been set for this event. For the first 40 individuals who donate \$10.00, Korey will share a bag of his favorite snack with you! You can also order a custom team shirt this year for \$10.00 with any proceeds benefiting the March of Dimes. Shirt sizes are limited so order early to ensure your size is available. Let's put on our walking shoes to march for the health of ALL babies!

Reitz Home Museum Tour by Linda Deig

On Tuesday, March 4, nine ladies from the Women's Issue program group along with four employees had a relaxing lunch in the community and then toured the Reitz Home Museum. A docent took the group throughout the home sharing information about the Reitz family and the home itself. It was nice to learn that such a wealthy family shared their wealth by giving back to the community. The ladies thoroughly enjoyed the tour and had several excellent questions during the tour. This was an enjoyable and positive experience for the ladies of the Women's Issues Group.



Thunder Medical Team: Looking for volunteers to work the first aid stations at the June *Thunder on the Ohio* event! Contact **Willie Ruckman** for details.

THANK YOU so much for your generosity and charity! Our community and loyal donors continue to respond overwhelmingly to our needs to support our mission and programs that promote Hope & Recovery to individuals we serve. During the past quarter, the following items were donated to the hospital: stationery, postcards, greeting cards, stickers, calendars, artificial flowers, local restaurant gift cards, pre-paid phone cards, quilts, shampoo, lotion, bath wash, deodorant, body spray/cologne, magazines, paperback novels, cosmetics, jewelry, clothing (shirts, slacks, t-shirts, sock hats, slippers, caps), watches, duffel/book bags, CD music, DVD movies, gift wrap and bags, ornaments, photo printer, sewing machine, fabric, craft kits, doll stand, musical keyboard, pedometers, jigsaw puzzles, pocket folders, and monetary donations for the **Patient Indigent and Recreation Funds**.



Special thanks to the **Retired Telephone Pioneers** for the sugar-free candy filled Easter eggs that were used in programming over the Easter holiday and distributed on Easter morning.

Kudos to the **Women's Guild of St. John's Church of Buckskin, IN** for the wonderful cupcakes each month!

Thanks to the continued support of **Gibson County MHA** for canteen funds for those with limited or no resources.

Current Needs: \$5.00 restaurant gift cards, gift cards to local card/hobby/craft stores, pre-paid phone cards, stationery, greeting cards, simple art/craft/coloring kits, pocket folders, walkman CD players, CD music-new and used, gift bags and tissue paper.

Sherry Walker, Joni Bethe, and Paula Hurst attended the **Crop for the Cure** scrap booking event on March 15th. This year, the event was held on two dates because of the overwhelming response. 500 people attended raising \$18,000 for the **Komen Greater Evansville Affiliate**. Sherry reports that they had lots of great food, fun, and several chances to win door prizes. A big thanks to everyone who donated!

Kudos to those 50+ employees who signed up to donate blood for the **American Red Cross Blood Drive** on April Fools Day. You're no fool; we appreciate you!



ESH NEWS

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ESH NEWS is published monthly for employees and friends of Evansville State Hospital. News items are welcome. They should be submitted to the Community Services Office by the 20th day of every month.

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Evansville State Hospital

Division of Mental Health

And Addiction

Indiana Family & Social Service

Administration



ESH NEWS

ACTIVE TREATMENT PROGRAM

Active Treatment refers to the aggressive and consistent implementation of a program of specialized and generic training, treatment, and health services. It is intensive and supportive of the patient's problems, ownership, and recovery. It is focused towards the patient's presenting problems and discovering solutions. It is structured, steady-paced, and systematically developed to meet the patient's treatment plan and needs. Active treatment also includes interventions provided as the patient's needs emerge during the course of the day.

ESH provides active treatment that is directed by the psychiatrist's leadership and the multi-disciplinary treatment team which is comprised of psychiatry, nursing, social services, rehabilitation therapy, psychology, and therapeutic dietary services. Active treatment is an important tool that supports the hospital's mission of Hope & Recovery.

Active treatment consists of multiple programs that are provided during the day, evenings, and weekends. These programs are based on the units, Treatment Mall, and leisure areas in the Activity Therapy Building. These are also enhanced by special organized programs on campus and off grounds.

Patients are actively involved in their treatment decisions and are expected to participate in the active treatment programs as their responsibility to recovery.

An Active Treatment Program Director has been appointed to design the overall active treatment program of ESH. Dr. Charles Smith, Ph.D., Chief Psychologist, has accepted this added responsibility. He will be providing consultations, guidance, and direction to the staff from various disciplines so that they may develop and implement programs. Programs are reviewed at least annually for appropriateness.

Thanks to our dedicated staff in making all this possible and striving to provide the highest quality of performance and care to our patients. Together, we will meet our mission and accomplish our goals.



An Easter window display was created for Hidden Treasures, the hospital's clothing store.

Patients assisted with making the stuffed dolls and painted the spring garden and brook scene on donated bed sheets.